

PREPARATION: 10 MINUTES

COOKING: 15 MINUTES

4 SERVINGS

GOAT CHEESE ROTINI PRIMAVERA



INGREDIENTS

- 1 tablespoon olive oil**
- 1 teaspoon garlic, minced**
- 2 cups asparagus, trimmed and cut into 1" pieces**
- 2 cups rotini, dry**
- ¼ cup goat cheese**
- 2 teaspoons lemon zest**
- 1 teaspoon lemon juice**
- ⅛ teaspoon ground black pepper**
- 2 cups water**
- ½ cup peas, frozen**
- 2 tablespoons oregano, finely chopped**

Nutrient Analysis

PER SERVING:

1/4 of recipe

RENAL EXCHANGE:

2 Starch + 1 Protein + 1 Vegetable

Calories	254Kcal
Protein	10g
Carbohydrates	40g
Fibre	4.3g
Total Fat	6g
Saturated Fat	2g
Cholesterol	5mg
Sodium	70mg
Potassium	293mg
Phosphorus	165mg

PREPARATION

- 1** Heat oil in a large skillet over medium-high heat.
- 2** Sauté garlic and asparagus until fragrant, 1–2 minutes.
- 3** Add dry pasta, goat cheese, lemon zest, lemon juice, black pepper and water.
- 4** Bring to boil and simmer for 7 minutes or until pasta is cooked and sauce thickened.
- 5** Remove from heat and add oregano and frozen peas.
- 6** Toss to combine and serve.

Note: Try different herbs to vary the flavour of this dish such as tarragon, basil or parsley.